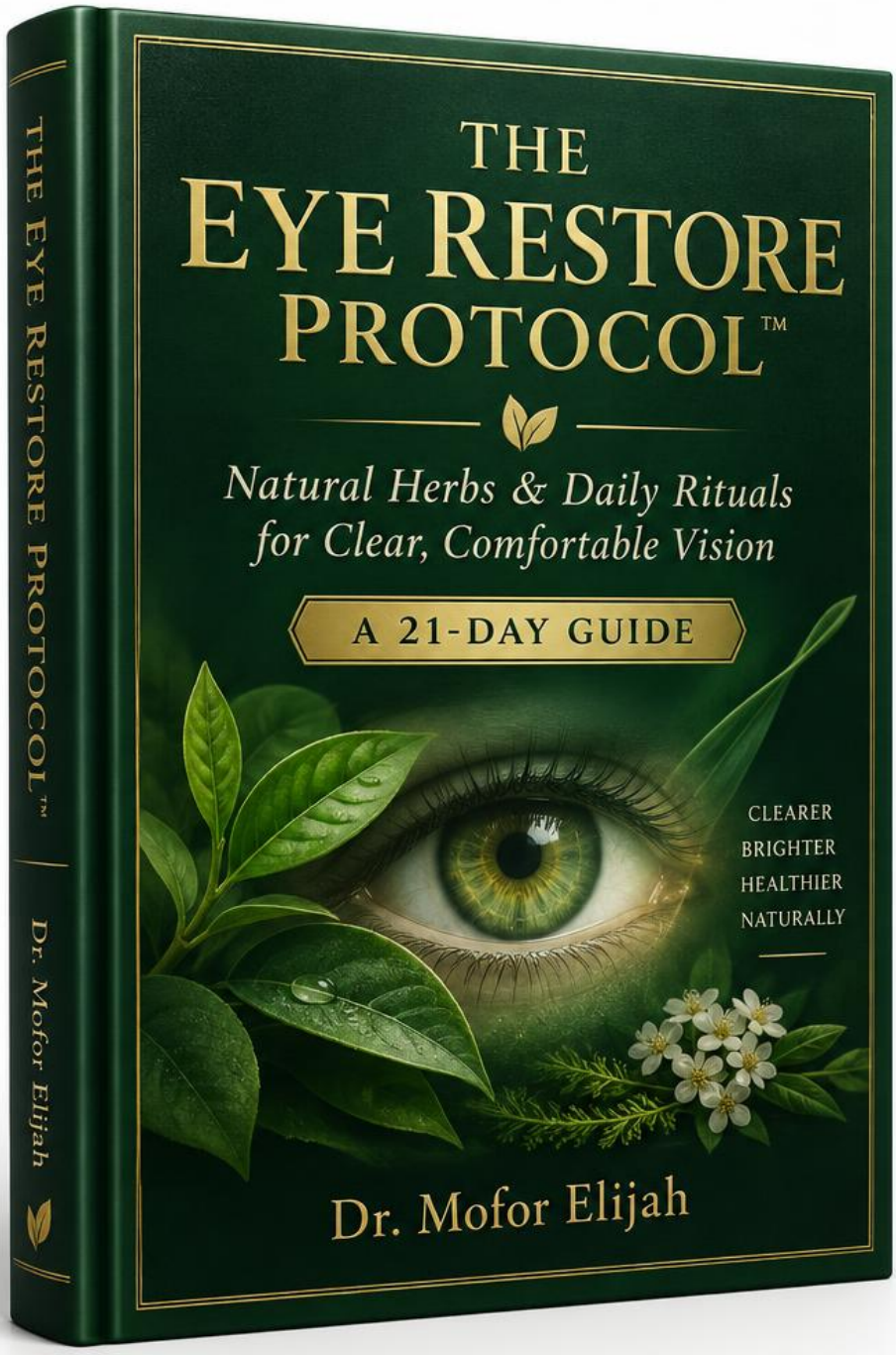

THE EYE RESTORE PROTOCOL™
Dr. Mofor Elijah
THE
EYE RESTORE
PROTOCOL™
Natural Herbs & Daily Rituals
for Clear, Comfortable Vision
A 21-DAY GUIDE
CLEARER
BRIGHTER
HEALTHIER
NATURALLY
Dr. Mofor Elijah

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Introduction: Before You Throw Away Another Eye Drop

Let me start with a question. When last did you squint at your phone, then move it closer, then move it farther, hoping the words would become clear?

If you did that today, you are not alone. You are not “getting old.” You are not cursed. Your eyes are simply tired, and they have been trying to tell you for a long time.

For more than eighteen years, I have walked through bushes, villages and markets looking for plants that help the body. I have sat with many people who came to me with sicknesses they had run around with for years. Again and again, I saw the same thing: the body responds when we give it what it needs, consistently, and with patience.

Eyes are no different. Yet most people treat their eyes like a generator. They run it all day, never rest it, never feed it, and only remember it when it starts to shake.

This guide is my way of sitting across from you and saying, “Come, let me show you a gentler way.” I will not promise you miracles. I will promise you something honest: a simple 21-day routine, using herbs and foods from your local market, to help your eyes feel calmer, less strained and clearer.

I call it the **Eye Restore Protocol™**. By the end of this book, you will know exactly how to use it.

But first, we must understand what is really happening to your eyes. That is where we begin.

Chapter 1: The Day Everything Went Blurry (And Why Your Eyes Are Begging for Help)

I remember a woman I will call Mama Ngozi. She sold provisions in a busy market, and her eyes had served her well for over forty years. She counted change faster than any calculator.

Then one morning, she could not read the price on a tin of tomatoes. She held it close, then far. She blamed the light. She blamed the tin. Two weeks later, she was squinting at everything, and her head ached by noon.

“Doctor,” she told me, “it just came suddenly.”

But here is the truth I told her, and I will tell you too. **Nothing about the eyes happens suddenly.** The day it seems sudden is only the day you finally noticed.

The Quiet Damage Nobody Sees

Your eyes work from the moment you wake up. They focus, adjust, blink, squeeze and relax thousands of times every day. Small muscles inside them do this work, and small muscles get tired just like your legs after a long walk.

Now think about your day. You wake up and reach for your phone before you even greet anybody. You scroll in bed. You scroll in the danfo. You stare at a laptop screen all day, then come home and stare at the TV.

Your eyes never get a break. It is like asking a man to carry a heavy load from Lagos to Ibadan without ever putting it down.

Sound familiar?

Why Screens Are Only Part of the Story

Yes, phones and laptops are big culprits. But let me tell you what people often forget.

Dust and harmattan. When the dry season comes, the air is full of dust. It settles in your eyes, dries them out and leaves them itchy and red.

Bright sun. If you trade outside, drive or walk in the sun all day without protection, your eyes are squinting from morning till evening.

Poor light. Reading with a dim lamp, or under a flickering bulb when NEPA takes light and you switch to candle or generator light, forces your eyes to work double.

Poor sleep. Your eyes repair themselves at night. If you sleep four hours and wake up tired, they never finish the job.

Age. Over time, the eyes lose some of their flexibility. This is normal. But normal does not mean we should ignore it.

Poor feeding. A body that eats mostly fried food, sugary drinks and white bread is missing the nutrients the eyes need.

You may be doing four or five of these at the same time. Most people are.

What Your Eyes Are Trying to Tell You

Your eyes do not shout. They whisper first. If you learn to listen, you can help them early. Let me explain what each whisper means.

Blurry vision. Things that should look sharp look soft, as if there is a thin cloud over them. Often this means the focusing muscles are exhausted.

Eye strain. A heavy, pulling feeling around and behind the eyes, sometimes with a headache. This means you have been working them too hard for too long.

Tired eyes. You feel like closing them by afternoon. This means they are not getting rest or proper nourishment.

Itchy eyes. They itch, water or feel gritty. Often this points to dryness, dust or irritation.

Light sensitivity. Bright light hurts, and you squint when you step outside or face a screen. This shows the eyes are stressed and easily overwhelmed.

Here is what most people get wrong. They see these signs and think, “Oh, it is nothing. It will pass.” Then years go by, and the small whisper becomes a loud problem.

The Same Trouble, Different Faces

You might be thinking, “But Doctor, my situation is different.” Let me tell you about four people I have met. You may recognise yourself in one of them.

The office worker. Chidi works in an office in Ikeja. He stares at a computer for nine hours, then goes home and watches football on his phone. By evening, his eyes burn and his head pounds. He thinks he needs new glasses every year.

The student. Amina is preparing for exams. She studies late at night with a small lamp, reading small print and then checking WhatsApp. Her eyes feel like sand is inside them.

The trader. Mr. Okon sells in the open market. He is out in the sun and dust all day. He squints so much that the lines around his eyes have deepened, and bright light now makes him wince.

The older person. Papa Bello is seventy. He loves reading his newspaper and Bible, but the letters now dance. He has been told, “It is just old age.” He does not believe it has to be so.

Different lives. Same eyes. Same cry for help.

Why We Ignore Our Eyes Until It Is Almost Too Late

Let me be honest with you. I have done the same.

Years ago, during a long season of research, I was reading late into the night and writing notes by lamplight. My eyes started to burn. I said, “I will rest later.” Later did not come for months.

One evening I could not read my own handwriting. That frightened me, and it changed how I looked after my eyes from that day. I will share what I learned as we go.

Why do we wait? Because eyes do not hurt like a broken leg. There is no blood. There is no loud pain. So we adjust. We hold things farther. We increase the phone brightness. We buy stronger glasses. We learn to live with it.

But living with it is not the same as being well.

A Quick Check: How Tired Are Your Eyes Today?

Take a pen. Answer honestly. Give yourself one point for every “yes.”

1. Do your eyes feel tired or heavy by afternoon?
2. Do you squint to read your phone or signs?
3. Do you get headaches after screen time?
4. Do your eyes itch, water or feel gritty?
5. Does bright light bother you?
6. Do you rub your eyes many times a day?
7. Do you blink less when you are on your phone or laptop?
8. Do you sleep less than six hours most nights?
9. Do you spend more than six hours a day looking at screens?
10. Do things look blurry at the end of the day, even if they were clear in the morning?

0 to 3 points: Your eyes are giving you early warnings. Now is the best time to act.

4 to 7 points: Your eyes are clearly overworked. They need real care, and the Protocol will help.

8 to 10 points: Your eyes are crying out. Start today, and do not wait.

Write your score at the top of this page. In 21 days, we will do this check again, and I believe you will be pleasantly surprised.

One Important Word Before We Go On

I must say this clearly, because I care about you.

If you ever have sudden loss of vision, severe eye pain, flashes of light, or a red, swollen eye with discharge, please go to a qualified eye doctor immediately. Do not experiment. Some problems need urgent medical attention, and no herb should delay that.

What I share in this guide is for everyday strain, tiredness and discomfort. It is meant to work alongside proper eye care, not replace it.

The Good News

Now let me tell you something that gives me hope every time I say it.

Your eyes want to feel better. They are not broken things waiting to die. They are living tissue, always trying to repair and protect themselves. Most of the time, they only need three things: **relief from the daily load, the right nourishment, and gentle strengthening.**

That is it. No mystery. No expensive machine.

If you take nothing else from this chapter, remember this: **your tired eyes are not a punishment. They are a message.** And the sooner you listen, the easier the road back becomes.

But here is a question that may already be in your mind. “Doctor, if the answer is so simple, why have I spent so much money on drops, glasses and capsules without real relief?”

That is a very good question, and the answer surprised me when I first understood it. In the next chapter, I will show you what all those products get wrong, and why the next 21 days can be different. Stay with me, because what I am about to tell you may change how you look after your eyes for the rest of your life.

Chapter 2: Why Nothing You've Tried Has Worked (And Why the Next 21 Days Are Different)

So now you know your eyes are not broken. They are tired, overworked and whispering for help. I hope you wrote down your score from the quick check, because we will come back to it.

At the end of the last chapter, I asked a question on your behalf. "Why have I spent so much money on drops, glasses and capsules without real relief?"

Let me answer it honestly. I am not here to attack anybody's product. I am here to help you understand what you have been doing, so you can stop repeating it.

The Story of the Money You Have Already Spent

Let me guess what your journey looked like.

First, your eyes started to trouble you. You ignored it for a while. Then you went to the pharmacy and bought some eye drops. They felt good for an hour or two. Then the burning or itching came back.

So you bought another brand. Then another. Then somebody told you, "Try these capsules. My cousin used them." You saw an advert on Instagram, and the testimonies looked wonderful. You paid, waited for delivery and took them faithfully for two weeks.

Maybe you felt a small change. Maybe you felt nothing. Then the bottle finished, and your eyes were exactly where they started.

Finally, you did what most people do. You went for an eye test, got glasses, and later needed stronger glasses.

Be honest. How much have you spent in the last two years? Add it up, even roughly. Many people I speak to are shocked when they do.

You are not foolish for trying these things. You were doing your best with what you knew. But there is a pattern here, and I want you to see it.

The Mistake Almost Everybody Makes

Here is what most people get wrong. **They treat the symptom and forget the cause.**

Think of it this way. Imagine your shop roof is leaking. Every time it rains, water drips on your goods. So you place a bucket under the leak. The bucket is helpful. It stops the mess for a while.

But the roof is still broken. When the rain comes again, the bucket fills again. You keep emptying and buying more buckets, and you never climb up to fix the roof.

Eye drops are often a bucket. Glasses are a helpful tool, but they are also a bucket. They help you see better today. They do not ask why your eyes became tired in the first place, and they do not give the eyes what they need to feel better tomorrow.

And many capsules? They may contain useful ingredients, but you are swallowing them while still doing everything that wears your eyes down. It is like pouring water into a basket with holes.

The Three Things Your Eyes Actually Need

Remember what I told you at the end of the last chapter. Your eyes need three things.

Relief from the daily load. They need to be calmed and rested, especially when they are itchy, burning or tired.

Proper nourishment. They need good food and helpful plants supplying what the body uses to look after the eyes.

Gentle strengthening. They need better habits, simple exercises and protection, so they stop breaking down again.

Now look at what most people have been doing. A drop gives a little relief and nothing else. A pair of glasses helps you focus and does nothing else. A capsule tries to feed and does nothing about the daily strain.

Each one handles a single piece of the puzzle. Your eyes need all three pieces at once, done together, every day, for a set period of time. That is the missing part.

Why the Big Promises Often Fail

Let me tell you something about the products you see advertised. Some say, “Restore your eyesight in 7 days!” Some say, “Throw away your glasses forever!”

I have to be careful here, because I want you to trust me.

I cannot promise you that. Nobody honestly can. Eye conditions have many causes. Some are inherited. Some come with age. Some are structural and can only be managed by a qualified eye doctor.

Anyone who tells you the same miracle works for every pair of eyes is not being straight with you. When those promises fail, you feel disappointed and think, “Maybe nothing will ever work for me.”

That is the real damage. It steals your hope.

So let me tell you what I believe is honest and possible.

What You Can Realistically Expect in 21 Days

I have watched many people follow simple, consistent care for their eyes. This is what I have seen, and what I believe you can reasonably hope for.

Less strain. Many people notice that the heavy, pulling feeling around the eyes eases as the days go on.

Less itching and dryness. Calmer, more comfortable eyes, especially at the end of the day.

Clearer-feeling vision. Screens and print may feel sharper and easier, because the eyes are less exhausted.

Better habits. This is the big one. You will understand what your eyes need and how to give it to them every day.

Notice the words I chose. *Less. Calmer. Clearer-feeling.* I did not say “perfect.” I did not say “cured.” I said what I honestly believe you can feel.

And what about throwing away your glasses? I know some of you picked up this book with that hope. Here is my honest word to you.

Please do not stop using glasses that a qualified eye doctor prescribed for you. Some people do find that as their eyes become less strained, their vision feels more comfortable. Whether that changes what you need is a

decision for your eye doctor, after a proper check. What I can promise is this: you will be looking after your eyes better than you ever have.

Why This Time Is Different

You might be thinking, “Doctor, this sounds nice, but I have heard many things before. Why should this be different?”

Good question. Here is my answer, in four points.

1. It works on all three needs at once. Relief, nourishment and strengthening. Not just one.

2. It uses what is around you. You will not need to import anything or wait for a parcel. The herbs and foods can be found in your local market, at prices most people can manage.

3. It has a clear timeline. Twenty-one days, in three simple weeks. You always know what to do today.

4. It teaches you, not just sells to you. When you finish, you will not be dependent on me, on a pharmacy or on a brand. You will know how to care for your own eyes.

That is what I call the **Eye Restore Protocol™**, and we are about to open it up.

Before You Start: Two Small Decisions

Before we go further, I want you to make two decisions. Take a pen.

1. **Write down your reason.** Why do you want better eyesight? To see your children’s faces clearly? To keep your job? To read to your grandchildren? To stop the headaches? Write it in one sentence and put it where you will see it daily.
2. **Commit to 21 days.** Not “I will try.” Say, “For 21 days, I will follow the plan.” Small daily actions done consistently will do more than one big effort followed by nothing.

Do not skip this. When day nine comes and you feel lazy, this sentence will carry you.

A Closing Thought

If you take nothing else from this chapter, remember this: **the drops, glasses and capsules were not wrong. They were incomplete.** Your eyes need relief, nourishment and strengthening together, and you can begin giving them that within the next few days.

Now, I know what you want to ask. “Alright, Doctor. So what exactly do I do? What do I buy? Where do I even find these things, and how do I know I am not being cheated in the market?”

That is exactly where we are going next. In Chapter 3, I will introduce you to the three pillars of the Protocol, walk you through the whole 21 days at a glance, and give you a shopping list you can take straight to the market. I will also share the safety rules I never skip, because the eyes are delicate and I do not want you to make the mistakes I have seen others make. Trust me, you will want to read that part carefully.

Chapter 3: Meet the Eye Restore Protocol™ (and How to Shop for It Without Being Cheated)

Last time, you wrote down your reason and made a promise to yourself for 21 days. If you did, well done. That single sentence will carry you on the days you feel like quitting.

Now let me show you the plan. It is simpler than you think.

The Three Pillars

The Eye Restore Protocol™ stands on three pillars. You already know them from the last chapter. Now they have names.

Soothe. This is about calming tired, itchy, burning eyes. It is the relief your eyes have been begging for.

Nourish. This is about feeding your eyes from the inside with foods and drinks that support eye health.

Strengthen. This is about building habits and simple exercises so your eyes stop breaking down again.

Each pillar gets its own week. But here is the important part: **you do not drop one when you move to the next.** You stack them.

Your 21 Days at a Glance

Week 1 (Days 1 to 7): Soothe. Every day, you will do a gentle herbal compress and a short evening rest ritual. Your only job is to calm the eyes.

Week 2 (Days 8 to 14): Nourish. You keep the Week 1 routine. Now you add eye-friendly foods and herbal drinks to your daily meals.

Week 3 (Days 15 to 21): Strengthen. You keep everything from Weeks 1 and 2. Now you add simple eye exercises and screen and light habits.

By Day 21, you are doing all three together. That is the Protocol. Nothing complicated, nothing that needs expensive equipment.

The Safety Rules I Never Skip

Before we talk about shopping, I need you to hear this. The eye is one of the most delicate parts of your body. A small mistake there can cause a big problem.

I once met a woman who heard that a certain leaf was “good for the eyes.” She crushed it, squeezed the juice and dropped it straight into her eye. By evening, the eye was red, swollen and painful. She was lucky to recover, but she needed proper medical treatment.

I never want that to be you. Please follow these rules without exception.

1. **Never put raw herbs, plant juice, oil or any homemade liquid directly into your eye.** Not for any reason. Everything in this guide is used on the closed eyelids or taken by mouth, never dropped into the eye itself.
2. **Wash your hands with soap and clean water before every preparation and every use.**
3. **Use only boiled and cooled water,** and prepare fresh each time. Never save yesterday’s mixture. Old mixtures grow germs.
4. **Use a clean cloth every day,** and a separate clean cloth for each eye. This stops any infection from spreading from one eye to the other.
5. **Test first.** Before using any herb on your skin, put a little of the cooled liquid on your inner arm and wait 30 minutes. If you see redness, itching or swelling, do not use it.
6. **Stop immediately** if your eyes become more painful, red, watery or blurry. See an eye doctor.
7. **Check with your doctor** before you begin if you are pregnant or breastfeeding, have a long-term illness, or take regular medication. Even natural things can react with drugs.

Please read those again. I will remind you of them throughout the book, because caring for your eyes safely matters more than any herb.

Learning to Shop at the Market

Now for the fun part. Let me teach you how to shop, because this is where many people lose money or get the wrong things.

Here is the list of what you will need across the 21 days. Do not worry about buying everything today. We will tell you exactly when each item is needed.

What to buy	What it is used for	Where to find it
Chamomile tea bags	Soothing compresses (Week 1)	Supermarkets, pharmacies
Green tea bags	Cooling compresses (Week 1)	Supermarkets, pharmacies
Cucumber	Cooling the eyelids (Week 1)	Any market
Moringa leaves (zogale)	Eating and drinking (Week 2)	Open markets, or dried leaf from herb sellers
Ugu (fluted pumpkin leaves)	Cooked meals (Week 2)	Any market
Carrots	Meals and snacks (Week 2)	Any market
Pawpaw and mango	Fruit daily (Week 2)	Any market
Tatashe (red bell pepper) and tomatoes	Meals (Week 2)	Any market
Fennel seeds	Herbal drink (Week 2)	Spice sellers
Zobo (hibiscus) leaves, dried	Drink, unsweetened or lightly sweetened (Week 2)	Any market
A clean, soft cotton cloth	Compresses	Any fabric shop

Most of this is cheap. Many of these things are already in your kitchen. You do not need to buy everything at once, and you do not need to buy the most expensive version of anything.

How Not to Get Cheated

Markets are wonderful places, but let me share a few things I have learned from years of buying plants.

Buy fresh where you can. Leaves should be green and lively, not yellow, slimy or smelling sour. Carrots should be firm. Cucumber should feel solid.

Ask where the plant came from. Honest sellers usually know. If a seller cannot tell you anything about the leaf or gets annoyed at your question, be careful.

Be careful with dried herbs. Dried leaves should smell clean and look like the plant they claim to be. Avoid anything that smells musty, looks mouldy or has been sitting in the sun in a dusty heap.

Never buy “special eye herbs” from someone who promises to cure everything. If a seller says the same herb cures eyes, sugar, pressure and everything else, walk away politely.

Choose packaged tea bags from trusted shops. For chamomile and green tea, buy sealed boxes with a clear expiry date from a supermarket or pharmacy. This is safer than loose leaves of unknown origin.

Ignore the “secret” price. Compare two or three sellers before you buy. Many people pay extra just because they were in a hurry.

Do not go looking for rare or foreign herbs. The strength of this Protocol is in ordinary, available things done consistently.

Getting Your Kitchen Ready

Here is a small task to do before Day 1.

1. Set aside a clean bowl and a clean pot just for your eye preparations. Do not use the same ones for other cooking.
2. Wash and dry two soft cloths and keep them in a clean, sealed place.
3. Choose a quiet spot in your home where you can sit for ten minutes each evening without a phone in your hand.

4. Write the safety rules from this chapter on a piece of paper and stick it on the wall near where you will prepare things.

That is all. You are getting ready to give your eyes something they have not had in a long time: your full attention.

A Word About the Daily Time

I know you are busy. You work, you study, you trade, you run around. So let me be clear about the time this Protocol asks.

In Week 1, about 15 minutes a day. In Weeks 2 and 3, about 20 to 25 minutes, mostly built into things you already do, like eating and taking breaks. That is less than the time you spend scrolling before bed.

If you take nothing else from this chapter, remember this: **the Protocol is only as safe as your hygiene and only as strong as your consistency.** Clean hands, clean water, a clean cloth, and showing up every day, even when you do not feel like it.

Now, we begin. In Chapter 4, I will take you through Days 1 to 7, the Soothe week. I will show you exactly how to prepare a gentle herbal compress, step by step, and how to do the 5-minute evening ritual that many people tell me is their favourite part of the day. Your tired, burning, itchy eyes will finally get the care they have been asking for. Turn the page, and let us begin with Day 1.

Chapter 4: Pillar One, Soothe (Days 1-7): Calming Tired, Itchy, Burning Eyes

Last chapter, you learned the safety rules, went through your shopping list and got your kitchen ready. If you did that, you have already done the hardest part, which is starting.

Now let us give your eyes what they have been begging for. This week has one job: **calm.** No heavy work, no complicated recipes. We are simply going to help your eyes rest and settle.

Why We Start With Soothing

I will tell you why Week 1 comes first. A tired, irritated eye cannot absorb much good from anything else. It is like trying to teach a child who has not slept. You must let him rest first, then the lessons will stick.

Years ago, a schoolteacher came to me with eyes that burned every evening after marking scripts. She wanted to jump straight to “the strong stuff.” I told her, “Madam, let us first stop the burning.” After a week of simple daily care, she said the evenings felt different. Her eyes were still tired, but they were no longer angry.

That is what we are aiming for this week.

Your Daily Soothe Routine

Every day this week, you will do two things: a gentle compress and a 5-minute evening ritual. You will also follow a few small daytime habits.

Let me take them one by one.

Part One: The Herbal Compress

A compress is a soft, moist cloth or tea bag placed on your **closed** eyelids. It is never put inside the eye. Remember the safety rules from Chapter 3.

You have two versions. Choose the one that matches how your eyes feel.

The Cool Compress is best when your eyes feel itchy, burning, puffy or overheated, such as after a hot day in the sun and dust.

The Warm Compress is best when your eyes feel dry, gritty, heavy or tired, such as after long hours on a screen.

You can alternate between them on different days, depending on how your eyes feel.

How to Make the Chamomile Compress

You will need: 2 chamomile tea bags, a clean cup, boiled water, and a clean cloth.

1. Wash your hands well with soap and clean water.
2. Boil water, then pour it into your clean cup over the 2 tea bags.
3. Let them steep for 5 minutes.
4. Remove the tea bags and place them on a clean saucer.
5. **For a warm compress:** let them cool until they feel comfortably warm on the inside of your wrist. They must never feel hot. If in doubt, wait longer.
6. **For a cool compress:** let them cool completely, then place them in the fridge for 10 to 15 minutes. If you have no fridge, just let them cool to room temperature.
7. Lie down or sit back with your head tilted slightly. Close both eyes.
8. Place one tea bag gently on each closed eyelid.
9. Rest for 10 minutes. Do not press. Just let them sit.
10. Remove the tea bags and throw them away. Never reuse them.

A word of care here. Chamomile belongs to the daisy family of plants. If you are allergic to daisies, ragweed or similar plants, skip chamomile and use green tea bags instead. And remember to do the 30-minute skin test on your inner arm before your first use.

The Green Tea Alternative

Green tea bags work the same way. Steep one bag per eye for 3 minutes, cool as above, and place on the closed eyelids for 10 minutes. Many people like how refreshing they feel.

The Cucumber Rest

On days when you have no time to prepare anything, this is your easy option.

1. Wash a cucumber well and chill it if you can.
2. Cut two thick, clean slices.
3. Lie down, close your eyes and place a slice on each eyelid.
4. Rest for 10 minutes, then throw the slices away.

It is simple, cheap and very calming, especially after a hot day.

Part Two: The 5-Minute Evening Ritual

This is the part many people tell me they look forward to most. Do it in the evening, ideally after your compress, and before you pick up your phone again. Better still, do it at bedtime.

Sit or lie down comfortably. Set a timer for 5 minutes if you like.

1. **Warm your hands.** Rub your palms together briskly for 10 seconds until they feel warm.
2. **Palm your eyes.** Close your eyes and cup your warm palms gently over them. Do not press on the eyeballs. Let the darkness and warmth rest your eyes. Stay there for 1 minute.
3. **Breathe slowly.** Breathe in through your nose for a count of 4. Breathe out slowly for a count of 6. Do this 6 times.
4. **Massage the area around your eyes.** With clean fingertips, gently massage your temples in small circles for 30 seconds. Then, using very light touch, stroke along your eyebrows from the middle outward. Never press on the eyeball itself.
5. **Blink slowly.** Open your eyes. Blink slowly and fully 10 times, closing your eyes completely each time, like a slow curtain.

6. **Look far away.** If you can, look out of a window or toward the far end of the room for 30 seconds, letting your eyes relax on something distant.

That is it. Five minutes.

This ritual works for a simple reason. When you look at a screen, your eyes stay locked on something close. Your focusing muscles stay tight all day. Looking far away and closing your eyes lets those muscles release, just like stretching after sitting too long in traffic.

Part Three: Small Habits for the Daytime

You do not need to change your whole life. Just add these gentle habits during Week 1.

Stop rubbing your eyes. I know it feels good. But rubbing spreads dust and germs and can irritate the eye further. When your eyes itch, use a cool compress instead.

Blink on purpose. When you are on your phone or laptop, you blink much less than normal, and that dries out your eyes. Every time you notice, blink slowly a few times. Put a small sticky note on your screen that says “Blink.”

Wash your face and hands. After you come in from dust and sun, wash your face with clean water and clean hands before touching your eyes.

Lower your screen brightness at night. Bright screens in a dark room make your eyes work harder. Reduce the brightness after sunset.

Drink enough water. Your eyes need moisture too. Aim to drink water steadily through the day.

Your Week 1 Plan at a Glance

Day	Compress	Evening ritual	Notes
1	Cool chamomile	Yes	Do the skin test first. Write down your eye score.
2	Warm chamomile	Yes	Start sticky note “Blink.”
3	Cucumber rest	Yes	Notice how your eyes feel by evening.

Day	Compress	Evening ritual	Notes
4	Green tea, cool	Yes	Try to avoid rubbing your eyes all day.
5	Warm chamomile	Yes	Lower screen brightness after sunset.
6	Cool green tea	Yes	Do your ritual at bedtime tonight.
7	Choose your favourite	Yes	Write how your eyes feel compared to Day 1.

If you miss a day, do not quit. Just continue the next day. The Protocol is built for real life, not perfect life.

When to Stop and See a Doctor

Soothing care is for everyday tiredness and irritation. Please stop and see a qualified eye doctor if you notice any of the following:

- Eye pain that is sharp, deep or getting worse
- Redness that does not settle, or thick discharge from the eye
- Sudden blurring, flashes of light or dark spots floating across your vision
- Swelling of the eyelid, or an eye that feels “hot” and feels infected
- Any reaction after using a compress, such as burning, swelling or rash

Do not try to manage these at home. It is not weakness to ask for help. It is wisdom.

What You Might Feel This Week

I want you to have realistic expectations.

Some people feel relief within two or three days, especially with the burning and itching. Others need the whole week. A few feel only a small change and only notice the difference when they compare Day 7 with Day 1.

All of that is normal. Do not judge the Protocol by one day. Judge it by the week.

If you take nothing else from this chapter, remember this: **rest is not laziness for your eyes. It is medicine.** Ten minutes of compress and five minutes of quiet each day is one of the kindest things you can do for them.

By the end of this week, your eyes should feel calmer and more comfortable. And that is exactly what we need, because next week, we begin to feed them.

In Chapter 5, I will show you how to nourish your eyes from the inside using foods you already know: ugu, carrots, pawpaw, moringa and more. I will give you simple herbal drinks, with exact quantities, and a sample day of eating that works even if you are a busy office worker or a trader who eats on the go. I will also tell you about a few common foods and habits that quietly work against your eyes. Some of them may surprise you, and one is something you probably do every single day.

Chapter 5: Pillar Two, Nourish (Days 8-14): Feeding Your Eyes From the Inside

You have finished a full week of calming your eyes. Take a moment and compare how they feel now with how they felt on Day 1. Even a small difference matters. It means your eyes are listening.

Now they are calmer, and that makes this the right time to feed them. Remember, from Day 8 onward you keep doing the compress and the evening ritual. We are adding to your routine, not replacing it.

Why Food Matters for Your Eyes

Let me tell you something I have seen for many years. People spend a lot of money on things for their eyes and forget what they put in their mouths three times a day.

Your eyes are living tissue. They use nutrients every day, just like your bones and your skin. When your meals are mostly white rice, fried food, biscuits and sugary drinks, your eyes are not getting much to work with.

Think of it like a generator. You can polish the outside all you want, but if there is no good fuel inside, it will not run well.

The good news is that the foods your eyes like are not rare or expensive. Many of them are already on your street.

The Eye-Friendly Foods You Already Know

Here are the foods I want you to bring into your week. Most of them are rich in things like vitamin A, vitamin C, vitamin E, zinc and plant compounds that support eye health. You do not need to remember the science. Just remember the foods.

Ugu (fluted pumpkin leaves). Dark green leaves are a favourite of mine. Put ugu in your soups, sauces and egg dishes.

Moringa leaves (zogale). Fresh or dried, they can go into soups and stews or be made into tea.

Carrots. Raw, grated in salad or cooked in sauce. Yes, your grandmother was right about carrots.

Pawpaw and mango. Ripe, orange-coloured fruits. A slice or two a day is a lovely habit.

Tatashe (red bell pepper) and tomatoes. The bright red colour is a sign of good things inside. Use them fresh in stews, sauces and salads.

Oranges and other citrus. A good source of vitamin C. Eat the fruit itself, not only the juice.

Eggs. An easy, affordable food that many people use to support eye health. Boil, fry lightly or add to a vegetable sauce.

Fish, especially oily fish like sardines and mackerel (titus). A helpful source of healthy fats. Try to eat it two or three times a week.

Groundnuts and other nuts. A small handful makes a good snack that supports the body’s healthy fats and vitamin E.

One small trick. Some of these nutrients, like the ones in carrots and leafy greens, are absorbed better when eaten with a little healthy fat. So do not be afraid of a bit of palm oil, groundnut oil or olive oil in your cooking. Just do not overdo it.

Three Simple Herbal Drinks

Now for the drinks. Choose **one** to take each day, and change them if you like. Please respect the safety notes.

Moringa Leaf Tea

1. Wash your hands, and wash your cup and pot.
2. Put **1 tablespoon of dried moringa leaves** (or a small handful of fresh leaves) in a clean cup.
3. Pour in **1 cup of boiled water** and cover.
4. Steep for 8 to 10 minutes.
5. Strain and drink warm. A little lemon or honey is fine, but keep it light.

Take **1 cup a day.** If you are pregnant or breastfeeding, or on regular medication, speak to your doctor before drinking moringa.

Fennel Seed Drink

1. Lightly crush **1 teaspoon of fennel seeds.**
2. Add to **1 cup of boiling water** in a clean cup and cover.
3. Steep for 10 minutes, then strain.
4. Drink it warm, after a meal.

Take **1 cup a day,** for no more than the seven days of this week. Please avoid fennel drinks if you are pregnant, breastfeeding, or have been advised against it by your doctor.

Light Zobo (Hibiscus) Drink

1. Rinse **half a cup of dried zobo leaves** (calyces) in clean water.
2. Boil in **4 cups of water** for 15 minutes.
3. Strain and let it cool. You may add a small piece of ginger while boiling.
4. Add little or no sugar. Sweeten lightly with a spoon of honey if you must.
5. Chill and drink **1 glass (about 1 cup) a day.**

Zobo can lower blood pressure. If you already have low blood pressure, take medication for blood pressure or diabetes, or are pregnant, please check with your doctor first.

Never drink these drinks in large quantities thinking “more is better.” With herbs, more is not better. Steady and moderate is better.

Your Herbal Meals, Made Simple

You do not need to cook anything fancy. Here are three easy ideas.

Ugu and egg sauce. Fry chopped tatashe, tomato and onion in a little oil. Add chopped ugu and cook for a few minutes. Crack in two eggs and stir. Serve with yam, plantain or a little rice.

Carrot and cabbage salad. Grate carrot and cabbage, add sliced tomato and cucumber, and drizzle with a little oil and lemon juice. Good for lunchtime and easy to pack for the office or the shop.

Pepper-fish with vegetables. Grill or lightly fry mackerel or sardines, and serve with a tomato and pepper sauce and steamed or sautéed leafy greens.

Cook vegetables lightly. Overcooking for a long time destroys many of the good things in them.

A Sample Day for a Busy Worker or Trader

I know you cannot cook a big meal at every hour. So here is a day that fits real life. Change it to suit your taste.

Morning: A glass of water, then 2 slices of ripe pawpaw. Then your usual breakfast, but try adding boiled eggs or a handful of groundnuts.

Mid-morning: Your daily herbal drink, like moringa tea or a glass of light zobo.

Lunch: Rice, yam or beans with a vegetable sauce made with ugu, tatashe and tomato. Add a piece of fish or egg.

Afternoon snack: A carrot, an orange, or a small handful of groundnuts. Skip the biscuits and soda.

Evening: A lighter meal. Vegetable soup with your usual swallow, or grilled fish with salad.

Before bed: Your compress and evening ritual from last week.

No need to be perfect. If you manage most of this most days, your eyes will notice.

What Quietly Works Against Your Eyes

Now, let me tell you what I promised at the end of the last chapter. Some habits quietly hurt your eyes, and many people have no idea.

Sugary drinks. Sodas, packaged juices, energy drinks and even heavily sweetened zobo. This is the one I said you probably do every day. Too much sugar, too often, is hard on your whole body, including your eyes. If you drink a bottle of soda with your lunch, this week try water or unsweetened zobo instead. Just for this week.

Too much fried and processed food. Fried snacks, instant noodles, and seasoning-heavy foods should not be daily meals.

Too much salt. It puts extra strain on the body's blood vessels, and the eyes are full of tiny ones.

Smoking and heavy alcohol. Both are damaging for the eyes and for the body as a whole. If you smoke, please seek help to stop. Your eyes will thank you.

Skipping meals, then eating late at night. Your body works best with steady, regular meals.

Not drinking enough water. Dry eyes often go with a dry body.

You do not need to "quit" everything this week. Just notice. Then cut down one thing at a time. That is how lasting change happens.

A Word of Caution

Please remember: food and herbs support your body. They do not replace medical care.

If you have diabetes, high blood pressure, kidney problems or any long-term illness, speak to your doctor before making big changes to your diet or adding herbal drinks. If you are pregnant or breastfeeding, please be even more careful and ask your doctor before trying any herb. And if you feel unwell after any food or drink, stop it right away.

Your Week 2 Plan at a Glance

Day	Herbal drink	Focus food	Also continue
8	Moringa tea	Ugu and egg sauce	Compress + evening ritual
9	Light zobo	Carrot snack	Compress + evening ritual
10	Fennel drink	Pawpaw or mango	Compress + evening ritual
11	Moringa tea	Fish with vegetables	Compress + evening ritual
12	Light zobo	Carrot and cabbage salad	Compress + evening ritual

Day	Herbal drink	Focus food	Also continue
13	Fennel drink	Oranges and groundnuts	Compress + evening ritual
14	Your favourite	A full eye-friendly day	Compress + evening ritual

Do not panic if you miss something. Pick up again the next day.

If you take nothing else from this chapter, remember this: **your eyes are built from what you feed them.** Every meal is a chance to give them something helpful instead of something harmful. You do not need to be perfect. You just need to be steady.

You have now soothed your eyes and started feeding them. That is two pillars down, and I hope you can already feel a difference. But there is one more piece, and it is the one that helps your eyes stay this way. In Chapter 6, I will show you simple eye exercises that take just minutes, the screen rules that protect your eyes at work, at school and in the shop, and what to do about light, sleep and sun. I will also share special tips for older readers and students. This last pillar is what turns a good week into a lasting habit, so do not skip it.

Chapter 6: Pillar Three, Strengthen (Days 15-21): Training Your Eyes to Stay Clear and Comfortable

You have now calmed your eyes for a week and fed them for another. If you have kept going, even with a few missed days, I am proud of you. Most people never get this far with anything.

Now I want you to keep those good things from slipping away. Soothing and nourishing help your eyes feel better. **Strengthening is what helps them stay that way.**

Keep your compress, your evening ritual, your herbal drink and your eye-friendly meals. This week, we simply add to them.

Why Strengthening Matters

Let me tell you a small story. A young man I know, a tailor, came to me some years ago. He had done everything right for a few weeks: he rested his eyes, ate well and felt better. Then he went back to his old ways. Ten hours of close, tight stitching without a break, in a dim shop. Within a month, his eyes were tired again.

“Doctor, it did not last,” he told me.

I said, “My friend, you fixed the leak, but you kept the rain coming.”

Habits are the rain. If we do not change how we use our eyes each day, we keep wearing them down. This week is about changing that, in small and easy ways.

Part One: Simple Eye Exercises

These take only a few minutes. Do them once or twice a day, ideally in the morning and again in the afternoon.

Two rules first. **Never force or strain.** If you feel pain, dizziness or a headache, stop and rest. And do them with clean hands and, if you wear glasses or contacts, follow your eye doctor’s advice about whether to remove them.

Exercise 1: Near and Far Focus

This trains your eyes to shift smoothly between close and distant things, which is exactly what screens make them forget.

1. Hold your thumb about 25 to 30 centimetres in front of your face.
2. Look at your thumb for 5 seconds.
3. Now look at something far away, like a tree, a building or the far wall, for 5 seconds.
4. Look back at your thumb.
5. Repeat 10 times.

Exercise 2: The Slow Figure Eight

1. Sit comfortably and look straight ahead.
2. Imagine a large number 8 lying on its side, about two metres away, like an infinity sign.
3. Slowly trace it with your eyes, without moving your head. Do 5 rounds in one direction.
4. Pause, then do 5 rounds in the other direction.

Exercise 3: Up, Down, Left, Right

1. Keep your head still.
2. Look up slowly, then down, 5 times.
3. Look left, then right, 5 times.
4. Look diagonally, up-left to down-right, 5 times, then the other way.
5. Close your eyes and rest for 15 seconds.

Exercise 4: The Full Blink

Many people blink halfway when using screens, which leaves the eyes dry.

1. Close your eyes gently and completely.
2. Count to 2.
3. Open them slowly.
4. Repeat 15 times.

Exercise 5: The 20-20-20 Habit

This one is my favourite because it is so simple. **Every 20 minutes, look at something 20 feet (about 6 metres) away for 20 seconds.** That is roughly across the room or out of the window.

Set a gentle reminder on your phone, or use a small note on your desk. It takes almost no time and can make a big difference to your eye comfort by the end of the day.

Part Two: Screen Rules That Protect Your Eyes

Now let me speak to the office workers and students, and anyone who lives on a phone. You cannot stop using screens. But you can use them in a smarter way.

Keep your distance. Hold your phone about 30 to 40 centimetres from your face, not touching your nose. Keep a laptop or desktop screen about an arm’s length away.

Raise the screen a little. The top of your screen should be at or just below eye level, so you look slightly downward.

Make the text bigger. If you are squinting, increase the font size. Do not suffer for small letters.

Match the brightness. A screen that is much brighter than the room, or much dimmer, strains the eyes. Adjust it so it feels comfortable.

Use night mode in the evening. Most phones have a warm-light or night setting. Turn it on after sunset.

Reduce glare. Avoid a bright window or bulb directly behind or in front of your screen. If you use a laptop, tilt the screen to avoid reflections.

Take real breaks. Every hour, stand up, stretch, drink some water and look away from your screen for a few minutes. Your back will thank you too.

Stop the last scroll. Try switching your phone off, or at least putting it down, 30 minutes before you sleep.

Part Three: Light, Sleep and Sun

Good Light

Reading in poor light forces your eyes to work harder. So, when possible:

1. Use a bright, steady lamp when you read or study, placed beside you or slightly behind, so the light falls on the page and not into your eyes.
2. Avoid reading in the dark, or by a weak, flickering light.
3. If NEPA takes light, use a proper lamp or rechargeable light rather than a dim candle. Your eyes deserve better than that.

Sleep

Your eyes repair themselves while you sleep. Aim for 7 to 8 hours a night. This is not a luxury. It is part of the treatment.

If you find it hard to sleep, keep your room dark and cool, avoid screens in bed and try your evening ritual from Week 1 as a signal to your body that the day is done.

Sun and Dust

Traders, drivers, okada riders, and anyone who spends long hours outside, this part is for you.

1. **Wear a hat or cap** with a brim to shade your eyes from the sun.
2. **Wear sunglasses** when the sun is strong. Buy ones labelled as blocking UV rays (look for “UV400” or similar). Very cheap, unlabelled ones can do more harm than good, because dark lenses without UV protection make your pupils open wider and let in more harmful rays.
3. **Protect your eyes in dust and harmattan.** Wrap a clean cloth over your nose and mouth if you must, wear glasses or goggles on windy, dusty days and wash your face with clean water when you come home.
4. **Never wipe your eyes with a dirty cloth or dirty hands.**

Part Four: A Word for Older Readers

If you are over fifty, let me speak to you gently and honestly.

The eyes change with age. That is natural. But “old age” is not a reason to give up.

Here is my advice to you.

1. **Use bright, steady light** for reading and handwork. Older eyes need more light than young ones.
2. **Choose larger print.** Bible, newspaper or phone, make the letters big enough to be comfortable.
3. **Keep your eye exams regular.** Some serious conditions of the eye, such as glaucoma and cataract, do not always show early signs. A yearly check by a qualified eye doctor is one of the wisest things you can do.
4. **Take your time.** Do not rush your eye exercises. Gentle and steady is best.
5. **Keep walking and moving.** Good blood flow through the body helps the eyes too.

Some of my dearest patients are older people who were told, “That is just old age.” They did not accept it. They did small things with patience, and they felt more comfortable.

Part Five: A Word for Students

To the students reading this, I know exam season is heavy. Let me share some tips that help.

1. **Study in blocks.** Study for 25 to 30 minutes, then rest for 5 minutes. Look away from your book and relax your eyes.
2. **Watch your posture.** Sit up with your book about 30 to 40 centimetres away, not slumped in bed with the page under your nose.
3. **Avoid reading in bed with the phone close to your face,** especially in the dark.
4. **Do not stay up all night before exams.** A tired brain and tired eyes remember less.
5. **Keep your compress handy.** After a long study day, 10 minutes of rest for your eyes may help you learn better the next day.

Your Week 3 Plan at a Glance

Day	New habit to add	Keep doing
15	Near and Far Focus (morning)	Compress, ritual, drink, eye-friendly meals
16	Add the Slow Figure Eight	Everything above
17	Add Up, Down, Left, Right	Everything above
18	Start the 20-20-20 habit	Everything above
19	Set up your screen and light properly	Everything above
20	Get to bed on time, no phone for 30 minutes before	Everything above
21	Repeat the eye score check from Chapter 1	Everything above

Your Day 21 Check

On Day 21, go back to the quick check in Chapter 1. Answer the same ten questions honestly and compare your score with Day 1.

Some people see a big drop. Others see a small one. Either way, write it down. You may also notice things the score does not show, like less headache, fewer itchy moments, easier reading or simply more comfort by evening.

Please be honest with yourself. If little has changed, do not be discouraged. Some eye conditions need an eye doctor’s care, and that is a good thing to find out. If you have improved, celebrate it. You earned it.

If you take nothing else from this chapter, remember this: **healthy eyes are built by small habits repeated every day.** A few minutes of exercise, a break from the screen, a good night’s sleep and a hat in the sun will do more for you than any bottle on a shelf.

Now you have learned all three pillars. You know how to soothe, nourish and strengthen your eyes. But I know something about people. Knowledge is one thing, and doing it on a busy Tuesday afternoon is another. That is

why the next chapter is so important. In Chapter 7, I will put everything together in one clear day-by-day roadmap, tell you exactly what to do on Day 1 before you buy anything, help you keep going when life gets in the way and show you how to keep your results long after Day 21. This is where it all comes together, so do not miss it.

Chapter 7: Your 21-Day Roadmap: Start Here, Do This First

Last chapter, I told you that knowing is one thing and doing on a busy Tuesday afternoon is another. I meant it. I have seen many people close a book full of good intentions and then never begin.

I do not want that to be you. So in this chapter, I am not going to teach you anything new. I am going to put everything in one place and tell you exactly what to do, starting today.

What to Do on Day 1, Before You Buy Anything

Please do not rush to the market yet. Do these five small things first. They cost nothing and take about 20 minutes.

1. **Take your starting score.** Go back to the ten questions in Chapter 1, answer them honestly and write your score at the top of a page.
2. **Write your reason.** One sentence about why you want more comfortable eyes. Stick it where you will see it every day.
3. **Read the safety rules again** from Chapter 3. Read them slowly.
4. **Check with your doctor if needed.** If you are pregnant, breastfeeding, have a long-term illness or take regular medication, ask before using any herb.
5. **Choose your start date.** Pick a real day, ideally within the next three days. “Someday” never comes.

Then make your shopping list. Buy only what you need for Week 1: chamomile or green tea bags, a cucumber and a clean cotton cloth. You will buy the Week 2 items later.

The Whole Protocol on One Page

Here it is, every day for 21 days, laid out plainly. Tick each box as you go.

Every day, from Day 1 to Day 21:

- A 10-minute compress on closed eyelids (cool or warm)

- The 5-minute evening ritual
- Blink on purpose, and no rubbing your eyes
- Drink water through the day
- Screen brightness down after sunset

From Day 8 to Day 21, add:

- One herbal drink (moringa tea, fennel drink or light zobo)
- Eye-friendly foods: ugu, carrots, pawpaw, mango, tatashe, tomatoes, eggs, fish and groundnuts
- Less soda, fried food and salt

From Day 15 to Day 21, add:

- Your eye exercises: near and far focus, slow figure eight, up-down-left-right, and full blinks
- The 20-20-20 habit during screen time
- Proper screen distance, good light and 7 to 8 hours of sleep
- A hat and UV-protected sunglasses in the sun

On Day 21: repeat the ten-question check and compare it with Day 1.

That is the entire Protocol. Print it, copy it into your notebook or take a photo and set it as your phone wallpaper.

Fitting It Into a Real Life

Let me show you how this looks for different people.

The office worker. Do your evening compress and ritual after work. Set a 20-minute reminder on your phone for the 20-20-20 habit. Carry a carrot or an orange to work instead of buying biscuits.

The trader. Wear your cap and sunglasses. Keep a clean cloth in your bag to wipe your face, not your eyes. Do your compress at night when you close for the day.

The student. Study in blocks with short eye breaks. Do your ritual before you sleep instead of scrolling.

The older reader. Take your time. Use a bright lamp, choose large print and do your exercises slowly. Ask a family member to help you with the shopping and the preparation.

The details change, but the idea is the same. Small things, done daily.

How to Track Your Progress

What you do not measure, you cannot see. Keep a simple notebook and each night write three things:

1. **Did I do my compress and ritual?** (Yes or no)
2. **How do my eyes feel, from 1 to 10?** (1 is very tired, 10 is very comfortable)
3. **One thing I noticed today.** (Less itching, easier reading, fewer headaches)

After 21 days, read it back. You will see patterns that you would never have noticed on your own. Some people tell me this notebook became the most encouraging thing they own.

What to Do When You Slip

You will slip. I would be lying if I said you will not.

There will be a day the compress does not get done. A day you eat only fried food from the roadside. A day the NEPA problem, the traffic and the deadline eat all your energy. That is life.

Here is what I want you to do. **Do not quit, and do not restart from Day 1.** Just do your next planned step. One missed day does not undo your progress, in the same way one meal does not make you fat.

If you miss three or more days in a row, go back to where you stopped and continue from there. Add a few days at the end if you like.

The people who feel the most benefit are not the perfect ones. They are the ones who keep coming back.

Keeping Your Results After Day 21

Now, what happens after Day 21? This is the question that matters most.

Please do not stop everything and return to your old habits. Remember the tailor and the rain. Here is a simple plan to keep your eyes comfortable for the long run.

Keep every day:

- Blink on purpose and follow the 20-20-20 habit
- Drink enough water and keep your screen settings comfortable
- Protect your eyes in sun and dust
- Sleep well

Keep a few times a week:

- A compress, especially after long screen days or dusty days
- The evening ritual
- Your eye exercises

Keep eating well:

- Keep those leafy greens, carrots, fruit, eggs and fish in your regular meals
- Take herbal drinks a few times a week rather than every day, and follow the cautions given

Keep checking:

- Repeat the ten-question check every month for a quarter, then every few months
- See a qualified eye doctor at least once a year, more often if you are older, diabetic, or have a family history of eye problems

If your eyes start to feel strained again, do not wait. Go back to Week 1 for a few days and calm them down.

A Final Word Between Us

Let me be direct with you one last time. This guide is not a magic wand, and I will not pretend it is. Some eye problems need medical treatment, and no herb should ever stand in the way of that.

But I have seen what steady, gentle, honest care can do. I have seen tired eyes feel calmer, headaches ease, and people rediscover the simple joy of reading comfortably at the end of the day. And I have seen how much more people value their eyes once they begin to look after them.

You are not too old for this. You are not too busy. And your eyes are not a lost cause.

If you take nothing else from this whole book, remember this: **your eyes will reward the care you give them, one calm, consistent day at a time.** Begin today. Not Monday. Not next month. Today.

Thank you for trusting me with your eyes. May you see clearly, and comfortably, for many years to come.

About the Author

Pst. Dr. Mofor Elijah is a seasoned researcher on medicinal plants and medicinal animals. He has spent many years doing plant hunting and treating chronic diseases that pharmaceutical medicine has not been able to treat. He is the author of *Feminine Hygiene* and *Infertility in Men and Women*.

For more than eighteen years, Dr. Mofor has been a practical researcher on medicinal plants and medicinal animals. This makes him an active participant, not a passive recipient, in the field of drug production from natural extracts. Beyond what he acquired in that field, about 80% of his knowledge has come through inspiration from God, participation, observation, collaboration and personal experience, and through his association with others. He is also well versed in nutritional, preventive and traditional medicine.

He holds a B.Sc. in Political Science and Public Administration and a Diploma in Law, which makes him a multi-disciplinary scholar. He is also a healing and deliverance minister and a worker in God’s vineyard.

Dr. Mofor writes the way he speaks: simply, honestly and with the patience of a man who has sat with many people and listened. His goal is to help ordinary people care for their health using the gifts of nature, safely and sensibly.

What to Do Next

You have finished the guide, but your journey with your eyes has only started. Here is what I suggest.

1. **Book an eye check.** If you have not had a proper eye examination in the last year, book one with a qualified eye doctor. Take this guide along and tell the doctor what you are doing.
2. **Keep your notebook going.** Continue the daily notes for at least a few more weeks.
3. **Repeat the Protocol when needed.** You can go through the 21 days again whenever your eyes feel overworked, such as during exam season, a heavy work period or the dusty harmattan months.
4. **Share it wisely.** Think of one person in your life, a parent, a colleague, a friend or a child, who complains of tired eyes, and tell them what you have learned. Remind them to be careful and to see a doctor if anything worries them.
5. **Look after the whole body.** Eyes are connected to the rest of you. Rest, good food, movement, clean water and peace of mind all help.

Health Disclaimer

The information in this guide is provided for general educational purposes only. It is not medical advice and is not meant to diagnose, treat, cure or prevent any disease or medical condition, including any eye condition.

The author and publisher are not responsible for any adverse effects from the use of any information in this guide. Individual results vary, and no specific result is guaranteed.

Always consult a qualified doctor or eye specialist before starting any herbal, dietary or lifestyle change, especially if you are pregnant or breastfeeding, have a medical condition such as diabetes, high blood pressure or an existing eye disease, wear prescription glasses or contact lenses, or take any medication. Herbs and foods can interact with medications.

Never put any herb, plant juice, oil or homemade preparation directly into your eyes. If you experience sudden loss of vision, eye pain, redness, swelling, discharge, flashes of light or any worrying symptom, seek immediate medical attention. Do not stop or change any prescribed treatment or eyewear without the advice of your doctor.

By using the information in this guide, you accept full responsibility for your own health decisions.